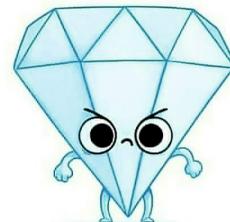


20 UP



BEFORE WORKOUT

AFTER WORKOUT

Repetitions	Upper Body	Lower Body	Core
1	Push-Up <i>Diamond / Hands touch</i>	Squat	Crunches
2	Push-Up <i>Elbows to the side</i>	Lunges	Russian Twist
3	Push-Up <i>Elbows close to the body</i>	Squats <i>Additional weight</i>	Superman Dynamic
4	Push-Up <i>Spiderman</i>	Calf Raises <i>Additional weight</i>	30" Plank
5	Push-Up <i>Hands > shoulder width apart</i>	Sumo Squats	Crunches
6	Push-Up <i>Open up to the side each Rep.</i>	Lunges <i>Weight overhead</i>	Russian Twist
7	Push-Up <i>Toe tap after each Rep.</i>	Squats <i>Weight overhead</i>	Boat Pose Dynamic
8	Push-Up <i>1 arm in front, 1 besides chest</i>	Calf Raises <i>Weight overhead</i>	60" Plank
9	Push-Up <i>Each Rep. lay on the ground</i>	Squats	Sideplank <i>9 Hip-dips each side</i>
10	Push-Up <i>1 arm elevated (e.g. on a book)</i>	Split Squats	High Plank <i>10x diagonal lift</i>
11	Push-Up <i>By Choice</i>	Squats	Crunches
12	Push-Up <i>Spiderman</i>	Lunge Jumps	80" Plank
13	Push-Up <i>Open up to the side each Rep.</i>	Squats <i>On tippy-toes</i>	Superman Dynamic
14	Push-Up <i>Shoulder Tap</i>	Split Squats	Russian Twist
15	Push-Ups <i>Elbows to the side</i>	Squats	Jack Knife <i>Supine, Hand-toe touch</i>
16	Push-Up <i>Elbows close to the body</i>	Lunges	100" Plank
17	Push-Up <i>By Choice</i>	Squats <i>Additional weight</i>	Boat Pose Dynamic
18	Push-Up <i>By Choice</i>	Split Squats	Crunches
19	Push-Up <i>By Choice</i>	Calf Raises	Sideplank <i>19 Hip-dips each side</i>
20	Push-Up <i>By Choice</i>	Squats <i>4 Seconds each Rep.</i>	120" Plank

SWIMCAST